

A Health Talk to Girls.

BY MARGARET E. SANGSTER.

If you ever, Dorothy, in the house of some old-fashioned friend, pick up one of those elegant gift books which were in vogue in the '50s, you will remember the steel engraving that showed the ideal girl of yesterday.

She was a willowy creature, with a delicate face, long silken ringlets shading her cheek, a very small waist, and long graceful hands. She had been taught to do embroidery and other fine needle work. She excelled in the piano playing of her day, which was a less severe accomplishment than now, and she was refined and reposeful. But there was something a little depressing in her charm. A dirgelike hymn, familiar to your mothers, epitomizes that girl as she used to be.

"Sister, thou wast mild and lovely, Gentle as a summer breeze, Pleasant as the air of evening, When I strolled among the trees."

I have attended the funeral of more than one such exquisite girl, and have helped to sing that very hymn beside the silent sleeper. With the knowledge

of hygiene, which is universal in the twentieth century, we are learning that the girls who used to be sacrificed on the altar of a mistaken ideal need not have died so soon. Very early in life they were taught not to run or jump, or do anything unfit for a little lady, and as they grew older they wore tight stays, abridging their breathing power; they slept in unventilated rooms, being afraid of the night air, and if by any fatal chance they came near a case of tuberculosis, they fell victims to it along the line of least resistance.

It may have been twenty years ago or more that the reaction against this style of feminine languor reached its height. Then, the athletic girl was greatly in evidence. So far from caring at all about her looks, she was intensely proud of a sun-bronzed and wind-tanned complexion, of red hands and arms, and of a sort of rude robustness that eliminated the touch of daintiness to which every girl should aspire. We have reached a saner day, and our girls have learned that they

may live an outdoor life, have perfect health and lose no jot of attractiveness.

I well remember in my girlhood hearing a man comment unfavorably on the thickness of my walking shoes. He said, sotto voce: "How can that girl's mother let her wear those clumsy, thick-soled shoes?" Being somewhat quick of temper and well acquainted with the youth, I ventured to tell him that the shoes were adapted to the climate and the weather and enabled me to take long walks without discomfort. He crushingly replied: "No elegant young woman ever takes long walks or wears anything except thin-soled shoes."

I suppose few girls who have grown up under the excellent regime which teaches us to dress properly for the weather, can believe that this critic voiced a general opinion. I have had reason all my life to be grateful for the independence and wisdom of a very sensible mother, who thought it a duty of her daughters to be well. Not merely a privilege—a positive, religious duty.

Without health, one's pleasure is interfered with on every turn. This would be a small matter if one's chances to be useful were not also greatly diminished by fragile and uncertain health. People who are morbid

and blue, and easily discouraged, who make mountains of molehills and see lions in the way where others walk safely, are usually the prey of their nerves and have not reserve force enough to carry them through what they undertake. Schoolgirls, and those at college, too, sometimes break down through overwork, although I am inclined to think that this is seldom the case unless in addition to their legitimate work they attempt something else.

Unless a girl is very strong, she should not try to pay her way through school or college by her own work. Some girls do this successfully, but they are exceptional. Still more dangerous is the effort to combine study and society. The girl at high school, living at home and trying to go to parties and dances and other evening amusements, cannot maintain her proper mark in the classroom.

Briefly stated, "broken health" is within the reach of most of us. We are fortunate if we have inherited vigorous bodies from parents and grandparents. Yet if we have begun life with tendencies to delicate health, we may overcome them by resolute will, careful dieting and generally hygienic living. An abundance of good, plain, nutritious food is essential to health.

Thousands of schoolgirls owe their dull eyes, sallow complexions, pimples

and frequent headaches to constant surfeiting on rich food and to eating too many sweets. A habit of eating between meals, nibbling chocolates and bonbons is fatal to digestion and good looks. A girl who is half sick most of her time will lose her comeliness, and as beauty is the birthright of schoolgirls, which they should not sell for the modern mess of pottage in the confectioner's window, one cannot but regret the spendthrift folly.

Equally fatal to health is the habit of taking drugs. The girl who never gets far from the pill box will not have the high spirits and gay good humor which should be her portion. I seldom see a group of girls standing around a soda fountain without wishing that they knew the advantages of drinking plain cold water, only that and plenty of it, and letting sweetened syrups alone. Fruit should take the place of pastry, and it is better for growing girls wholly to omit coffee and tea from their bill of fare. Bread at least a day old is a better choice for a beauty than hot biscuits, and fried food should not be chosen if anything else can be had.

Another secret of health for the schoolgirl is plenty of sleep. The beauty sleep must be taken before midnight. Go early to bed if you would be strong and equal to whatever you have to do.

The temptation to sit up late because others do so is always great, but it should be resisted.

The schoolgirls who read this talk may be thankful they are not situated as one girl was to whom a settlement worker in New York said one evening: "Mabel, you are looking ill and fagged. You sit up too late at night after your long hours in the factory." "Yes," said Mabel, "I know it, but there are eleven of us to sleep in two rooms, and my bed is not pulled down from the pile of mattresses until nearly midnight. I have to sit up."

The poor girl was not responsible for her short nights of rest. To sleep long hours in a vitiated atmosphere is to breathe poison, so a girl who does not want to be tired and languid must have fresh air in her room all night.

Nor must she neglect the daily bath. The best complexion cosmetic that anyone can use is water, cold or tepid, as preferred. Every day of one's life, preferably in the morning, one should bathe from head to foot, afterward rubbing hard with a coarse towel, so that the skin may be in a healthful glow.

These directions may seem very primitive, but there are always those who need them. Health is largely a matter of the will and of minding simple rules every day. We may be well if we will but take the trouble.

QUEER.

(Philadelphia Ledger.)
"He's out of a job now. He had a good opportunity, but he didn't take the trouble to improve it."
"Yes, it's a funny thing about trouble, isn't it? If you don't take it you'll have it."

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Carter's Little Liver Pills
Must Bear Signature of

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ANNUAL JUNE SALE

Commences Monday Morning at 8 o'clock

You must not miss it; in fact, you cannot afford to. Small profits mean bigger

values, and in order to stimulate June business we are cutting the price of goods, needed right now, from 25 to 50 per cent. Our regular prices are always reasonable, and these reductions will bring the careful housewife to Z. G. M. I. during the coming week. It is an exceptional chance to get Millinery, Wash Goods, Covert Jackets, Suits, Silks, Parasols, Notions, etc., very much cheaper than you usually obtain them.



Where you get the best. For 37 years we have given our patrons complete satisfaction. Our motto ever has been, "Honest goods at honest prices." We have a reputation to uphold.



We guarantee to give you goods of first grade quality at a figure as low as we can consistently place it. Our motto ever has been "Honest goods at honest prices."

Pongee Silk 25% Off

During our Annual June Sale we will sell our entire line of Ecu Pongee Silk at a reduction of 25 per cent. A soft, lustrous, washable fabric that we sell a large quantity of every year. An ideal summer stuff for waists or dresses.

Pin Wool Checks, 25c yard

All Pin Wool Checks, in black and white and navy and white, 36 inches wide, will be sold at a 25 per cent reduction. Just the very thing for Suits and Separate Skirts during the summer weather. Monday and during the week for 25c a yard.

Purses and Hand Bags 33 1/3% Off

During our June sale all Purses and Hand Bags will be sold for one-third off, including the latest White Linen Hand Bags, and the new Hand Pocket Books, in Morocco and other fine leathers.

Stock Collars 25 to 50% Off

The newest designs in Women's Washable Stock Collars, very becoming and attractive. During our Annual June Sale will be sold at the following prices:
25c qualities for . . . 15c
25c and 50c qualities for . . . 25c
75c qualities for . . . 40c
\$2.00 qualities for . . . \$1.00

Final Clearance of Cloth Suits and Covert Jackets



For Three Days Commencing Monday You Can Buy a
\$60.00 Suit for . . . \$30.00
\$50.00 Suit for . . . \$25.00
\$45.00 Suit for . . . \$22.50
\$40.00 Suit for . . . \$20.00
\$35.00 Suit for . . . \$17.50
\$30.00 Suit for . . . \$15.00
\$25.00 Suit for . . . \$12.50

And the same on all prices in between these mentioned.

Commencing Monday Morning You Can Buy Covert Jackets For:
\$25.00 Jacket . . . \$12.50
\$22.50 Jacket . . . \$11.25
\$20.00 Jacket . . . \$10.00
\$17.50 Jacket . . . \$ 8.75
\$15.00 Jacket . . . \$ 7.50
\$10.00 Jacket . . . \$ 5.00
\$ 8.00 Jacket . . . \$ 4.00

And so on throughout the entire range of prices.



HALF PRICE

This real 50 per cent reduction will apply to our entire stock of Ladies' and Misses' Panama, Voles, Broadcloth, Fancy Mixed Cloths. In fact, everything in Cloth Suits in Black, Navy, Fancy Colors and Checks, as well as White Serges and Panamas, and everything in Loose and Tight Fitting Covert Jackets. No approvals. No Exchanges. Alterations Extra.

Ladies' Summer Vests

In our Annual June Sale we will sell Ladies' Summer Vests, cool and pleasant, low neck, no sleeves, at a big reduction. Also special offering in Ladies' hosiery.

LADIES' EXTRA SIZE SUMMER VESTS, with low neck and no sleeves, 25c vest, for . . . 15c
LADIES' LOW NECK AND NO SLEEVE VESTS, regular sizes, worth 25c, sale price . . . 15c
LADIES' MERCERIZED SUMMER VESTS, with low neck and no sleeves, regular 35c vests, for . . . 25c
BOYS' AND MISSES' HOSE, a splendid value at . . . 25c
LADIES' 15c BLACK COTTON HOSE, on sale at . . . 10c

Parasols, 25% Off

Ladies' and Children's Parasols in white and popular shades, during our Annual June Sale, will be disposed of at 25 per cent less than regular. The prices range from 25c to \$12.00, and we have such an excellent variety in the favorite shades, that you will indeed get a bargain. Come early and have your choice.

Dress Goods, 25% Off



The summer season is fast going. To make room for new goods we offer in this Annual June Sale all summer Wash Dress Fabrics and White Cotton Dress Goods. These goods will be sold regardless of cost. Remember our past record. We do not mark up to mark down—our prices and goods can always be relied on. The prices and assortments we offer in this sale will astonish you.

WHITE GOODS

WHITE SHRUNK AUTO SUITING, one of the most popular fabrics for Ladies' Suits, worth 20c, this sale . . . 13c
MERCERIZED UNION LINONS, the proper fabric for Wash Suits, only a few pieces left in Pink, Grey, Heliotrope and Cream, 36 inches wide, regular price 35c, sale price, a rare bargain . . . Half Price
CREAM EMBROIDERED LINENS, regular price 40c, sale price . . . 30c
MERCERIZED WASH TAFETAS, in checks, plaids and fancies with silk luster. These goods are worth 35c, during this sale . . . 20c
COTTON REMNANTS—We have a beautiful assortment of Cotton Remnants to be sold in this sale at ONE-HALF THE REGULAR PRICE.

DURING THE WEEK WE WILL DISPOSE OF OUR STOCK OF FANCY SILK MULLS, 25% OFF

Owing to the backward season, we will dispose of all Fancy Silk Mulls at a 25 per cent reduction this week. They consist of Fine Summer Fancy Silk Mulls, Silk Organdies, Mousseline de Soie, Figured Crepe de Paris, Tissue Sole Faconnee, White Swiss Embroidered in colors, and Linens embroidered in colors.

| Regular Price | 30c | 35c | 40c | 50c | 60c | 65c | 75c | 85c | \$1.00 |
|---------------|---------|-----|-----|---------|-----|-----|-----|-----|--------|
| Sale Price | 22 1/2c | 26c | 30c | 37 1/2c | 45c | 49c | 56c | 63c | 75c |

SPECIAL

WASH GOODS TABLE

One feature of this great sale will be this Table, loaded with an assortment of Wash Fabrics to be sold at ONE-HALF THE REGULAR PRICE. Come and see; pick out what you want, and save fifty cents on every dollar you spend.

In the Art Dept

During the Annual June Sale the following art goods will be sold from 33 1/3 to 50 per cent off. Centerpieces, lined on gray and tan linen, for HALF PRICE. Cross Stitch Canvas in different colors, regularly sold at 75c to \$1.25 per yard, for HALF PRICE. All Cushion Covers, beautiful and very artistic, ONE-THIRD OFF. Stamped Collar and Cuff Sets, in various designs, for ONE-THIRD OFF. INSTRUCTIONS GIVEN FREE TO ALL PURCHASERS.

Infants' Bonnets Reduced

Silk, Swiss and Mull. A large variety of styles and prices. Without detachable ruffles and rosettes we have among our stock the Elite patent washable bonnet which can be laundered like a handkerchief.
35c BONNETS, 25c
50c BONNETS, 35c
75c BONNETS, 55c
\$1.00 BONNETS, 75c
\$1.25 BONNETS, 90c
\$1.50 BONNETS, 1.10
\$1.75 BONNETS, 1.30
\$2.00 BONNETS, 1.50
\$2.25 BONNETS, 1.70
Infants' and Misses' Sun Hats in white, pink and blue, made of Plaque, Swiss and Silk. All go at 1/4 off regular prices.

Hammocks

We have the largest, hand-some and cheapest line of Hammocks to be seen in the city. During the warm weather what comfort there is in a hammock. It is almost a necessity for you to have one. During our Annual June Sale we will sell them 25% OFF.

Millinery, 25 to 50% Off



Our varied stock of Millinery, excepting blacks and whites, will go next week at

Half Price

Our line of stylish and fashionable black and white Hats on sale next week at

25% Off

OUR COMPLETE STOCK OF MILLINERY WILL BE REDUCED FROM 25 TO 50 PER CENT DURING THE ANNUAL JUNE SALE. THIS INCLUDES THE FASHIONABLE BLACK AND WHITE HATS, WORN SO MUCH JUST NOW, THEY WILL BE SOLD AT ONE-FOURTH LESS. ALL OTHER HATS, INCLUDING CREATIONS FROM PHIPPS, GAGE AND OTHER STANDARD MODELS, WILL BE SOLD AT

HALF PRICE

65 cts

a pair for Prime Lambskin Overseam Gloves, Paris point embroidery, 2 clasps, tans, ox blood modes, all sizes. Regular price \$1.00, for . . . 65c

Z. G. M. I.

All Cotton Summer Dress Goods, in all colors and a varied assortment, cool and pleasant for the warm weather, reduced . . .

25%